

SYMPHONY OF SELF™

SESSION ONE WORKBOOK

The Physics of Being

Chapters 1–3: Frequency · The Original Melody · The Steady Beat

Presented by Ann Mracek

Name: _____

Date: _____

This workbook is designed to be used alongside the live session recording. Follow the timestamps and complete each section as you listen. Write freely — there are no wrong answers.

Transformation Goal: Move from the reactive "Teenage Tornado" to the "Conducting Adult."

[00:00] I. THE OVERTURE: A LINEAGE OF VIBRATION

As you arrive, take a moment to listen — not to Ann yet, but to the room around you.

KEY PHRASE

Every room has a _____. Every life has a _____.

KEY PHRASE

Music is the only universal language that bypasses the _____ and goes straight to the _____.

KEY PHRASE

For too long, you have been letting _____ conduct the orchestra.

KEY PHRASE

Taking the baton back doesn't require _____. It requires _____.

REFLECTION PROMPT

When Ann says 'settle in and arrive' — where are you right now, emotionally? What do you need to set down before this session begins?

REFLECTION PROMPT

Ann describes herself as a woman who spent seven decades 'listening to the hidden rhythms of the world.' What would it mean for YOU to listen to your own hidden rhythm?

Ann's Story: The Five-Year-Old and the Piano

KEY PHRASE

Ann's teacher said: 'If you do not get this child piano lessons immediately, I will have no choice but to _____ her from kindergarten.'

KEY PHRASE

When I say Original Melody, I'm not talking about talent. I'm talking about the part of you that is
so _____, so _____,
so _____, that it pulls you forward like gravity.

REFLECTION PROMPT

What was YOUR 'piano in the corner' at age five — or at any young age? What pulled you like gravity before the world told you otherwise?

[08:00] II. THE SCIENCE OF THE STRINGS: QUANTUM RESONANCE

KEY PHRASE

Everything you see, touch, or smell is an appearance of _____ . At the core, we are _____ vibrating at varying densities.

KEY PHRASE

String Theory suggests that what we call 'particles' may be better understood as tiny _____ strings of energy. The differences aren't 'things.' They're _____ .

KEY PHRASE

You cannot _____ your way out of a dysregulated nervous system. The tornado mind is not persuaded by logic. It is persuaded by _____ .

KEY PHRASE

You stop asking: 'What is wrong with me?' And you start asking: 'What am I _____ with?'

The Solfeggio Frequencies — Listening Notes

As Ann describes each frequency, jot your personal response in the space provided.

174 Hz — Foundation / Grounding

When I hear this, I feel: _____

285 Hz — Restoration / Repair

In my body this brings: _____

396 Hz — Releasing Fear & Guilt

Guilt or fear I am ready to release: _____

417 Hz — Reset / Undoing Stuck Patterns

A pattern I want to loosen: _____

432 Hz — Calm / Alpha State

What slows when I hear this: _____

528 Hz — Love / Creative Flow

Where I feel this in my body: _____

639 Hz — Harmonizing Relationships

A relationship this calls to mind: _____

741 Hz — Detox / Clarity of Expression

Words that feel easier after: _____

852 Hz — Intuition / Inner Order

Something I already know but haven't said: _____

932 Hz — Integration / Oneness

What 'connected to something vast' means to me: _____

REFLECTION PROMPT

Ann says anxiety becomes 'noise,' shame becomes 'distortion,' and grief becomes 'a heavy low tone the body carries.' Using this language: how would you describe what you are currently carrying? What is your body's sound right now?

REFLECTION PROMPT

Ann says: 'We work with biology. We work with breath. We work with rhythm. We work with sound.' Which of these four pathways feels most accessible to you right now — and why?

[23:00] III. THE RESONATOR AND THE RUBBER BAND

KEY PHRASE

A thin twang is what your life feels like when you are _____ from your body — reacting from _____, living in the future or replaying the _____.

KEY PHRASE

You are that block of wood. Your _____ nervous system, your grounded presence, is the _____.

KEY PHRASE

If you have two pendulum clocks on a wall and start them at different times, they will eventually _____. Because the _____ rhythm entrains the _____ one.

KEY PHRASE

Choosing your friends is not a social preference. It is a _____ decision.

REFLECTION PROMPT

When are you a 'rubber band twanging in the wind' — disconnected, reactive, thin? Describe a specific situation where this shows up for you.

REFLECTION PROMPT

Think of someone in your life who acts as a resonator for you — they amplify your best self. Who is that person, and what quality in them creates that effect?

REFLECTION PROMPT

Who in your current inner circle are you unconsciously syncing with? Is that sync lifting you or pulling you toward static?

[31:00] IV. CASE STUDY: SLEEP IN HEAVENLY PEACE & THE SECRET HIDING PLACE

KEY PHRASE

A bed is not just furniture. A bed is a _____. A bed is a _____ . A bed is a message to a child's nervous system that says: '_____.
_____. You are held.'

KEY PHRASE

Love is not just a feeling. Love is _____. Love is _____ . Love is what happens when the nervous system can finally stop _____ .

KEY PHRASE

A true Secret Hiding Place is a place where you become _____ you, not _____ .

KEY PHRASE

One true note creates _____. This is how _____ works.

REFLECTION PROMPT

*Ann says your nervous system can 'detect coherence, integrity, and alignment with purpose.'
Recall a moment when you felt that in a room or group — what did your body sense first?*

REFLECTION PROMPT

*Where is YOUR Secret Hiding Place — the space where you 'become more you, not less'?
Describe it in sensory detail (sight, sound, smell, feeling).*

REFLECTION PROMPT

Ann lists unconscious 'sedation' strategies: food, scrolling, alcohol, overworking, numbness. Without judgment — which do you reach for most? What is your nervous system actually seeking?

[47:00] V. SOCIAL RESONANCE WORKSHOP: THE AUTHOR'S GROUP

Six-Step Framework

Step 1 — The Opening Note

When you enter a group, notice your gut in the first five minutes.

Think of a group you belong to. In the first five minutes, do you expand or brace? Be specific:

Step 2 — The Small Group Duet

In close conversation: Does this person's energy amplify mine, or dampen it?

Name someone whose energy amplifies yours. Name someone whose energy dampens it (no need to use real names — initials or descriptors are fine):

Step 3 — Markers of High Resonance

High resonance friends do not compete with your joy. They are capable of mutual elevation.

Describe a moment when someone truly celebrated your success without agenda:

Step 4 — Low Vibration Jealousy

It is often quiet. It withdraws warmth. It changes the energy in the room.

Have you experienced this? How did your body respond before your mind caught up?

Step 5 — Curate Your Inner Circle

Your inner circle must be people who can hold your growth without trying to reduce it.

Who in your life can hold your growth? Who struggles to?

Step 6 — Become the Person You Want

If you want regulated people, practice regulation. Gravity doesn't take union days off.

Where in your own behavior do you want to raise your vibration to match who you want to attract?

REFLECTION PROMPT

After reviewing all six steps: What one concrete change could you make THIS WEEK to raise the resonance of your social world?

[58:00] VI. THE SUCCESS STORY: NICK SCHLEUTER AND THE STEADY BEAT

KEY PHRASE

Rhythm does not live in the _____ first. Rhythm lives in the _____.

KEY PHRASE

Once the body finds the beat, everything changes. Timing becomes _____.
Consistency becomes _____.
Improvisation becomes _____.

KEY PHRASE

Consistency tells the nervous system: 'We are safe because we are _____.
We are safe because we _____.
We are safe because we _____.'

KEY PHRASE

The Teenage Tornado mind lives in _____. The Conducting Adult _____ the beat — not through harshness, through _____.

REFLECTION PROMPT

Ann placed a physical metronome beat on Nick's back — and everything clicked. Where in your life do you need someone (or something) to give you a steady beat you can feel in your body, not just your head?

REFLECTION PROMPT

Ann asks: 'Where am I brilliant but inconsistent? Where am I talented but scattered?' Answer honestly. What is one area where your inconsistency costs you the most?

REFLECTION PROMPT

What would your life look like if you stopped using shame to motivate yourself and instead gave your nervous system a steady, trustworthy beat? Describe one daily rhythm you could commit to.

[01:10] VII. DEEP DIVE: THE TEENAGE TORNADO SANCTUARY & SPONTANEOUS COMBUSTION

KEY PHRASE

My body reacted instantly. First, a rising _____. Then the panic turned to _____, because anger is often panic in _____.

KEY PHRASE

Spontaneous combustion. Immediate recognition of a shared _____.

KEY PHRASE

A regulated adult does not get _____. Does not make _____ . Does not blame the teenagers. He _____.

KEY PHRASE

My nervous system recognized: This is _____. Not the absence of chaos. But _____ inside chaos.

KEY PHRASE

Teenage Tornado energy is _____. It spreads. But so is Conducting Adult energy. One regulated person can _____ an entire room.

REFLECTION PROMPT

Recall a time when your panic turned to anger — when you were 'in armor.' What were you actually afraid of beneath the anger?

REFLECTION PROMPT

Ann's husband's response to the chaos was to conduct — not defend, not blame, not excuse. Think of a recent moment where you defaulted to Teenage Tornado mode. What would the Conducting Adult version of you have done instead?

REFLECTION PROMPT

Ann says you are 'not searching for a perfect life — you are learning to become a conductor inside imperfect life.' What imperfect situation in your life right now is waiting for a conductor?

[01:23] VIII. INTEGRATION: THE SOUND AUDIT & THE ALPHA BREATH

KEY PHRASE

Insight without _____ is entertainment. We are here to be _____.

KEY PHRASE

A sound engineer doesn't _____ the static. They _____ the levels.

PRACTICE ONE: THE 7-DAY SOUND AUDIT

Each day for seven days, identify inputs that create dissonance and inputs that bring consonance. Use biological language — not moral language.

Dissonance Signals (nervous system in survival): heart rate increases · breath becomes shallow · shoulders rise · jaw tightens · stomach knots

Consonance Signals (nervous system regulated): exhale lengthens · shoulders drop · eyes soften · mind widens

Day 1

3 Inputs of DISSONANCE: _____

3 Inputs of CONSONANCE: _____

Day 2

3 Inputs of DISSONANCE: _____

3 Inputs of CONSONANCE: _____

Day 3

3 Inputs of DISSONANCE: _____

3 Inputs of CONSONANCE: _____

Day 4

3 Inputs of DISSONANCE: _____

3 Inputs of CONSONANCE: _____

Day 5

3 Inputs of DISSONANCE: _____

3 Inputs of CONSONANCE: _____

Day 6

3 Inputs of DISSONANCE: _____

3 Inputs of CONSONANCE: _____

Day 7

3 Inputs of DISSONANCE: _____

3 Inputs of CONSONANCE: _____

PRACTICE TWO: THE ALPHA BREATH

Follow along with Ann now. Use this diagram as a reference for your daily practice.

INHALE through your nose — **4 counts** Cue: 'I am here.'

HOLD gently — **2 counts**

EXHALE slowly through your mouth — **8 counts** Cue: 'I am the conductor.'

Your long exhale activates the parasympathetic system: rest, digest, safety, repair. This is biology — not ideology.

REFLECTION PROMPT

After completing the Alpha Breath with Ann, describe what shifted in your body. What did you notice in your shoulders, jaw, chest, or breath?

REFLECTION PROMPT

Ann invites you to picture the 'noisy teenagers' in your mind — your Teenage Tornado. What does YOUR internal tornado look like right now? Give it a description, even a name if you like.

SESSION ONE: CLOSING REFLECTION

REFLECTION PROMPT

Ann closes with: 'You are the composer. You are the conductor. The music is not something that happens TO you. It is something that happens THROUGH you.' What is one note you want to strike differently after today's session?

REFLECTION PROMPT

What is the most important thing you are taking away from Session One? Write it as if you are telling a trusted friend.

REFLECTION PROMPT

Before Session Two: What one commitment — however small — will you make to your steady beat this week? Be specific enough that you could tell someone whether you did it.

“Strike your note. Let it ring.”

— *Ann Mracek*

Symphony of Self™ · Session One Workbook · annmracek.com